



CANFORD HEATH INFANT and JUNIOR SCHOOLS

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TEACH Trust Poole

Trust Excellence Aspiration Collaboration Honesty

Article 28: Children have a right to a primary education.

Dear Parents, Carers and Children,

This week, our sports ambassadors spoke to the children in assembly about Junior Parkrun, the benefits in taking part and got everyone involved in some fun practical activities (even us teachers).

Junior Parkrun is a free, community event where you can walk, jog, run, volunteer or spectate. Junior Parkrun is 2k, dedicated to 4–14-year-olds and their families and friends of all ages, every Sunday morning at 9am with a really fun warm up starting at 8.50am. Junior Parkrun is positive, welcoming and inclusive, there is no time limit and no one finishes last. Everyone is welcome to come along!

Excitingly, we are encouraging all students, teachers and families connected to Canford Heath Junior School to come along together to Upton House Junior Parkrun on **Sunday 19th October 2025**. It will be an amazing experience to walk, jog, run or volunteer with so many friends at Junior Parkrun.

You can register for parkrun for free here - www.parkrun.org.uk/register/ or scan the QR code below.

Here are details of the event:

- Address: Upton Country Park, Poole Rd, Poole, Dorset, BH17 7BJ.
- Every Sunday, at 9am, arrive at 8.50am for the fun warm up.
- www.parkrun.org.uk/uptonhouse-juniors/course/
- If you are interested in volunteering, please email the event team on uptonhousejuniors@parkrun.com it is great fun and a lovely way to meet new people.

If you can't attend on the 19th October, Junior Parkrun happens every Sunday so you can come any Sunday you are available.



Canford Heath Infant School

Canford Heath Junior School



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Finally, you can join the school parkrun group! As a school community, Canford Heath Junior School is aiming to complete 1000 Junior Parkruns or 5k parkruns by the end of the school year! Once you have registered, joining the Group is easy:

1. Log back into your profile
2. Search for your group
3. When the group appears, select it and click join

We hope to see as many of you as possible on Sunday 19th October 2025!

Thanks,



Mr Roast
Sport and PE Lead

